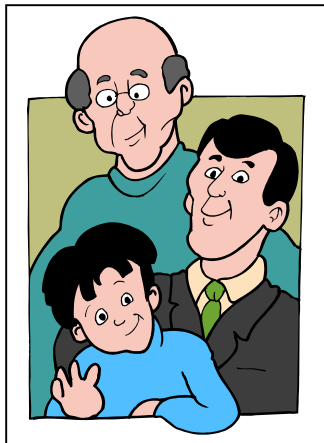


June Senior Center Gazette 2005



Join in the Father's Day Fun!
Friday, June 17, Noon
Father's Day Celebration

Rib Eye Roast
with Sauce Bordelaise
Baked Potato & Salad

Father's lunch tickets are
provided at no cost to
member fathers
\$2 for non-member fathers
as available in honor of

SUBY SANKOFF

By Tina M. Sankoff

Other tickets are:
\$5 for members
\$7 for non-members
Buy your tickets early!

SPEAKERS IN JUNE

Tuesday, June 7, 10:30 pm
Bob Beam

Fremont Volunteer
Handicapped Parking Patrol

Learn about the responsibilities and
benefits of the City of Fremont
Volunteer Handicapped Parking
Patrol. You could become a
volunteer.

Wednesday, June 29, 1 pm
Norma Braswell

Social Security Update on
New Medicare Benefits

Come for the latest information
on Medicare changes.

COMMUNITY SERVICES

SENIOR SERVICES.....	574-2050
Coordination of services for homebound seniors	
Companions for Life (Medical Alert Program)	
Local van group trips for shut-ins.....	574-2082
Tri-City Elder Coalition.....	574-2064
LIFE ELDERCARE.....	574-2090
Caregivers Support.....	574-2035
Home Services Registry.....	574-2095
Meals on Wheels.....	574-2092
Friendly Visitor Program.....	574-2097
TRANSPORTATION ASSISTANCE	
AC Transit Information*.....	511
City of Fremont Paratransit Program.....	574-2053
East Bay Paratransit Program.....	1-800-555-8085
HOUSING ASSISTANCE(OFFICE OF NEIGHBORHOODS).....	494-4500
LEGAL ASSISTANCE FOR SENIORS.....	1-800-393-0363
SOCIAL SECURITY.....	1-800-SSA-1213
MEDICARE.....	1-800-952-8627
MEDICARE & INSURANCE COUNSELING(HICAP).....	839-0393
TRI-CITY HEALTH CLINIC.....	713-6685
SENIOR LIBRARY SERVICES.....	745-1499 or 745-1491
SENIOR PEER COUNSELING.....	574-2063
ALZHEIMER ASSOCIATION HOTLINE.....	1-800-660-1993

*511 is a new toll-free voice activated phone service. Call 511 for information
on AC Transit BART, road conditions and trip planning.

STARTING NOW Understanding the Risks and Warning Signs of Stroke

"Having a stroke is a frightening
experience, with often long-term
effects. And, about one-third of all
stroke survivors will have another
stroke within five years. What most
people fail to realize, however, is that
some strokes are preventable. By
recognizing the signs and symptoms and
making simple lifestyle changes, people
may be able to reduce their risk of
another stroke."

SIGNS OF STROKE

- Sudden numbness or weakness
of the face, arm or leg,
especially on one side of the
body
- Sudden confusion, trouble
speaking or understanding
- Sudden trouble seeing in one or
both eyes
- Sudden trouble walking,
dizziness, loss of balance or
coordination
- Sudden, severe headache with
no known cause

When someone shows one or more of
these signs, call 911 immediately. The
first 24 hours of care can make a huge
difference in recovery.

June Birthday Party Friday, June 10, 1:30 p.m. Entertainment by

Fremont Senior Center Singers

Come and enjoy our fabulous Senior
Center Singers, even if June is not
your birthday month. Cake, ice
cream, and coffee will be served in
the dining room after the show. Prizes
will be awarded in a drawing
from the names of seniors present
that have birthdays in June. Prizes
have been donated by Kathy's Floral
Design in the Walnut Plaza, Atria's
Retirement Inn, Cookies by Design,
Rose's Mortuary, and the Builder's
Fund.

Riley's 4th of July Barbecue on Friday, July 1 at Noon

Chicken, Ribs, Sausage
Corn, Beans, Potato Salad
\$5 members, \$7 non-members
Buy your tickets early!

The Fremont Senior Center
will be closed on
Monday, July 4th
Independence Day
Happy 4th of July to All!



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.